

**Look! Miracle's got terrific buys
for the barbecue this week...
let's take advantage!**



Our Reg. Price \$1.24
Shoulder Butt
**FRESH PORK
ROASTS**
Fresh Ontario Pork

98¢

LB.
Save 26¢ lb. **BEST BUY**



Our Reg. Price \$1.14
Shoulder Picnic

**FRESH PORK
ROASTS**

Whole or Half - Fresh Ontario Pork
Limit 3 per family

78¢

LB. Save 36¢ lb. **BEST BUY**



Our Reg. Price \$1.04
Frozen Eviscerated Utility Grade
Roasting or
**FRYING
CHICKENS**
Limit 3 per family - 2-4 lb. size

67¢

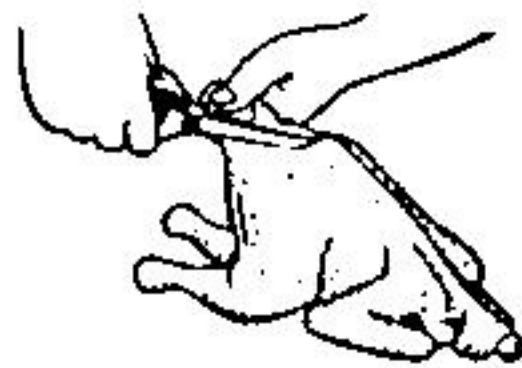
LB. Save 37¢ lb. **BEST BUY**

Making your meat dollar go further with Arthur Buck

CHICKEN

When it comes to barbecue season, chicken is an all-time favourite. And right now, chicken is in good supply so it's reasonable as well as delicious. The best value is to buy whole chickens

rather than the more expensive pre-cut parts. Here's how you can easily barbecue a whole chicken without a split attachment. Poultry shears for cutting make it even easier.



1. Start with a 3-4 pound chicken, breast-side down on cutting surface. Holding chicken firmly, cut from neck end down both sides of back bone to remove neck and back of chicken.



2. Open chicken and place it skin-side down. Cut the pearly-coloured cartilage at the neck end so chicken can be flattened.



3. Turn chicken over and tuck wings under. Hold firmly at neck end and tug the legs to flatten for the grill.



(Legs may be tied together for easier handling and turning on grill).

FISH & SEAFOOD

Whole Frozen or
**NEW SEASON
FRESH MACKEREL** LB. **68¢**

North Atlantic Haddock
**BLUEWATER
FISH FIRES** Our Reg. Price \$1.38
6 oz. pkg. **1.18**
Save 20¢ pkg.

North Atlantic Cod
**HIGHLINER
FISH STICKS** Our Reg. Price \$2.28
14 oz. pkg. **1.98**
Save 30¢ pkg.

TAKE OUT FOODS

Not Available in White Shield, Applewood, Eglington, Brimley and Thornhill Plaza.

Our Reg. Price \$1.99
Piping Hot
**BBQ
CHICKEN** LB. **1.89**
Save 10¢ lb. **BEST BUY**

Our Reg. Price \$2.69
Famous for Quality
**SCHNEIDERS
MIXED LUNCH MEATS** LB. **1.99**
Save 70¢ lb. **BEST BUY**

Our Reg. Price \$2.19
Sliced Regular
**SLICED
MORTADELLA** LB. **1.59**
Save 60¢ lb. **BEST BUY**

Our Reg. Price \$2.99
Piping Hot
**SIDE
SPARE RIBS** LB. **2.59**
Save 40¢ lb. **BEST BUY**